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Phosphorus

In the Diet

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U. S. Department of Agriculture

Effect of Different Amounts of Phosphorus on Growth



Insufficient phosphorus in an otherwise adequate diet

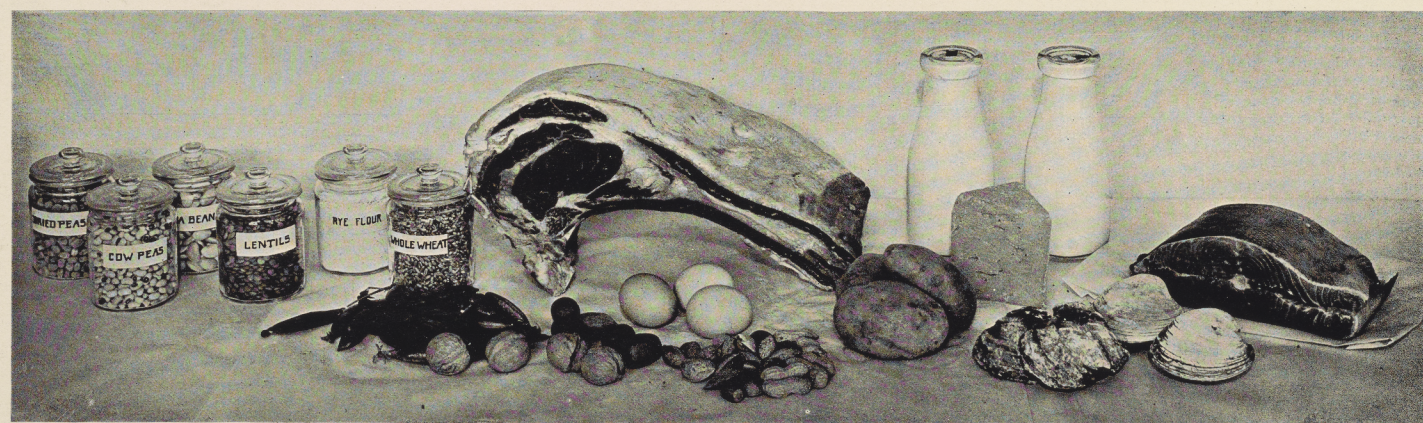


Sufficient phosphorus added to make the diet adequate

Litter mates of the same sex, 9 weeks old. Weight of
smaller, 60 grams; of larger, 115 grams

RATS THREE-FOURTHS ACTUAL SIZE

Some Common Sources of Phosphorus



Almonds
Beans, dry
Beans, lima, fresh
Buttermilk
Cheese
Cowpeas

Eggs
Fish
Graham flour
Rye flour
Hazelnuts
Lentils

Meat, lean
Milk
Oysters
Peanuts
Pecans
Potatoes

Peas, dry and fresh
Shredded wheat
Walnuts
Whole wheat
Wheat, bran

NUTRITION CHART 6

Bureau of Home Economics

UNITED STATES DEPARTMENT OF AGRICULTURE